

*Instilling Right Knowledge, Right Faith and Right Conduct Among Jains of the 21<sup>st</sup> Century*

**JAIN CENTER OF GREATER BOSTON**

**2017 Paryushan and Das- Lakshana Parv- Pathshala Students' Activities**

*Please fill out this sheet on the back and return at the address given below, before the deadline. Please note that the Paryushan/ Das- Laskhana Parv celebration is on September 9th, 2017 and Parv Sheet Participants will be awarded that day based on their total points/ point sheet submitted by the deadline given below. Please do not forget to write your name, teacher's names and class level on this sheet and get it signed by your parent.*

*Points are to be given per day per activity, eg it is 5 pts. for Day 1 if student recites 3 Namokar Mantra twice a day (item 1).  
Please mark all points per day and then do the final total. Please be clear, accurate and honest when filling out this activity sheet.*

The suggested activities list is different for each level. Students are most welcome to do more than their level. At the same time, parents/ students are urged to observe these activities according to the child's capacity and willingness.

You do not need to be a pathshala student to take part in this activity. It is open to all children.

***Kshamavani Celebration : September 9th***

*Paryushana Parva starts on Aug 18th and ends on Aug 25<sup>th</sup>*

*Das-Lakshana Parv starts on Aug 26th and ends on Sept 5th*

**Deadline to receive form at following address:**

For Paryushana Parv:	Aug 30th , 2017 (you may submit it at Reg. Table in the foyer on puja Day Aug 27th)
For Das-Lakshana Parva:	Sep 08th, 2017

*Any forms received after this date will be processed on the best effort basis.*

***Thank You,***

***JCGB Pathshala***

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***Please MAIL the form (signed by parents) or e-mail: [jyotsnajan@yahoo.com](mailto:jyotsnajan@yahoo.com)***  
Jyotsna Jain, 4 Howland Farm Rd, East Greenwich, RI 02818, Phone: 508-250-9185

**JAIN CENTER OF GREATER BOSTON**

*Paryshan/ Das Lakshan Parva Sheet for Pathshala Mommy & Me, Rookies & Level 1- (Preschool, Pre-K, KG, Grade 1&2)*

**Student Name:** - \_\_\_\_\_

**Pathshala Class Level:** \_\_\_\_\_

**Parent's Signature:** \_\_\_\_\_

**Teacher's Name(s):** \_\_\_\_\_

<b>Activity</b>	<b>Points Per Day</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>	<b>Day 7</b>	<b>Day 8</b>	<b>Day 9</b>	<b>Day 10</b>
<b>1</b> Recite Three Namokar Mantra in the morning and before going to bed	<b>5</b>										
<b>2</b> Sing prayers/ stutis after shower in front of a Tirthankara's photo/ idol	<b>5</b>										
<b>3</b> Do not leave any food to the last grain- once served in your plate	<b>5</b>										
<b>4</b> Do not eat after dark- (after sunset)	<b>5</b>										
<b>5</b> Do not eat any foods with eggs, honey, lard, gelatin or any animal products- (try to observe this year round) Parents, please help read all the labels of packaging	<b>10</b>										
<b>6</b> Do not eat any underground vegetables or foods containing them such as potato chips, etc.	<b>5</b>										
<b>7</b> Do Aarti/ Divo at home OR Temple	<b>5</b>										
<b>8</b> Visit Temple during the Paryushana/ Das Lakshan Parv days	<b>5</b>										
<b>9</b> Do not watch TV and do not play TV/ Computer games	<b>5</b>										
<b>10</b> Read Jain Story Books 30 minutes per day (or Parents, tell Jain stories of Tirthankara and Monks/ Nuns to your children)	<b>10</b>										
<b>11</b> Do one Navkarvali (Rosary) with 27 beads or 108 beads	<b>5</b>										
<b>12</b> Donate food cans to a nearby food pantry for needy	<b>5</b>										

**Total Points** (out of 70/day):

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**JAIN CENTER OF GREATER BOSTON**

*Paryshan/ Das Lakshan Parva Sheet for Pathshala Levels 2 and 3- (School Grades 3,4,5 and 6)*

**Student Name:** - \_\_\_\_\_

**Pathshala Class Level:** \_\_\_\_\_

**Parent's Signature:** \_\_\_\_\_

**Teacher's Name(s):** \_\_\_\_\_

<b>Activity</b>	<b><u>Pts</u></b>	<b><u>Day</u></b>	<b><u>Day</u></b>	<b><u>Day</u></b>	<b><u>Day</u></b>	<b><u>Day</u></b>	<b><u>Day</u></b>	<b><u>Day</u></b>	<b><u>Day</u></b>	<b><u>Day</u></b>	<b><u>Day</u></b>	<b><u>Day</u></b>
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	
1 Recite Three Namokar Mantra in the morning and before going to bed	5											
2 Sing prayers/ stutis after shower in front of a Tirthankara's photo/ idol	5											
3 Do not leave any food to the last grain- once served in your plate	5											
4 Do not eat after dark- (after sunset)	5											
5 Do not eat any foods with eggs, honey, lard, gelatin or any animal products- (try to observe this year round) Parents, please help read all the labels of packaging	5											
6 Do not eat any underground vegetables or foods containing them such as potato chips, etc.	5											
7 Do Aarti/ Divo at home OR Temple	5											
8 Visit Temple during the Paryushana/ Das Lakshan Parv days	5											
9 Do not watch TV and do not play TV/ Computer games	5											
10 Read Jain Books and/ or sing Jain Mantras, Sutras for 48 minutes or do a proper Samayik	5											
11 Do one Navkarvali (Rosary) with 108 beads	5											
12 Donate food cans to a nearby food pantry for needy	5											
13 Do the Samvatsri Pratikaman/ or Dev Sastra Guru Pooja	10											
14 For Level 2 Only Eat no more than 3 times a day. No snacks, Juices or Soda in between For Level 3 Only (All with proper Jain formality and rituals)												
15 Do a Beshnu: eat only twice a day Do an Ekashni- eat only once a day Do a complete Fast (with or without water)												
<b>Total Points</b> (out of 70/day):												

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**JAIN CENTER OF GREATER BOSTON**

*Paryshan/ Das Lakshan Parva Sheet for Pathshala Levels 4,5 and 6- (School Grades 7,8, High School and College)*

**Student Name:** - \_\_\_\_\_

**Pathshala Class Level:** \_\_\_\_\_

**Parent's Signature:** \_\_\_\_\_

**Teacher's Name(s):** \_\_\_\_\_

<b>Activity</b>	<b><u>Pts</u> Day</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>	<b>Day 7</b>	<b>Day 8</b>	<b>Day 9</b>	<b>Day 10</b>
1 Recite Three Namokar Mantra in the morning and before going to bed	5										
2 Sing prayers/ stutis after shower in front of a Tirthankara's photo/ idol	5										
3 Do not leave any food to the last grain- once served in your plate	5										
4 Do not eat after dark- (after sunset)	5										
5 Do not eat any foods with eggs, honey, lard, gelatin or any animal products- (try to observe this year round) Parents, please help read all the labels of packaging	5										
6 Do not eat any underground vegetables or foods containing them such as potato chips, etc.	5										
7 Do Aarti/ Divo at home OR Temple	5										
8 Visit Temple during the Paryushana/ Das Lakshan Parv days	10										
9 Do not watch TV and do not play TV/ Computer games	5										
10 Read Jain Books and/ or sing Jain Mantras, Sutras for 48 minutes or do a proper Samayik	10										
11 Do one Navkarvali (Rosary) with 108 beads	5										
12 Donate food cans to a nearby food pantry for needy	5										
13 Do the Samvatsri Pratikaman/ or Dev Sastra Guru Pooja	10										
For Level 3 and above Only (All with proper Jain formality and rituals)											
14 Do a Beshnu: eat only twice a day											
Do an Ekashni- eat only once a day											
Do a complete Fast (with or without water)											
<b>Total Points (out of 80/day):</b>											

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